

# MURRAY SENIOR RECREATION CENTER

2019

Recreation for 55+

May

## Message from the Director

Please help us with the following items. We all can make a difference in making our Senior Recreation Center a more inviting place.

1. **SCANNING IN** – Please scan in every day when you come to the Center. We use these numbers in our statistics to reflect the daily usage of our Center—accuracy is always key with statistics. Please make sure that you scan or legibly write your name and information at the Front Desk. This must be done before going to class, so plan to be early. If you have lost your membership card, we will give you one free replacement, after that it will cost \$5.00. It is your responsibility to sign or scan in, not the responsibility of Center staff.
2. **DEADLINES** – Deadlines for special events and golf tournaments will be one week prior to the event. This is to help our staff with counts and for the kitchen staff when planning food. Center staff will no longer make exceptions, so make sure and read your newsletter for the deadlines. Cancellations deadlines are also printed on the receipts.
3. **SAVING TABLES** – Please stop saving tables and/or seats. There are no assigned seats/tables at the Center. Anyone can go into the dining room and sit anywhere they want ... especially on Bingo days.
4. **PLEASE BE KIND TO EACH OTHER!** Our welcoming atmosphere makes the reputation of our Center and is what makes us so special. As we associate with other Centers and with the Murray City Administration, we hear a lot about how we are considered a great Senior Recreation Center and among the most friendly. Let us keep it that way. Always remember how you felt the first time you came in our front door being the “newest senior on the block!”

Thank you for being awesome seniors and all the wonderful things you do to make us the Best Center!!

*Thanks, Tricia*

## Mother's Day High Tea

The annual **MOTHER'S DAY HIGH TEA** will be held on **Tuesday, May 7** from **11:30-1:00**. The cost is **\$8** per person. Purchase one seat or an entire table (seven seats). Registration began Tuesday, April 16.



**Deadline: No reservations or refunds may be made after close of business on Tuesday, April 30.**

Plates of food will be served at your table and include bite-sized foods that are served as part of a traditional English High Tea. A variety of tea choices will also be available to sample.

## Murray Senior Recreation Center



#10 East 6150 South  
Murray, UT 84107

**801-264-2635**

seniorrec@murray.utah.gov  
murray.utah.gov/140/Murray-Senior-Recreation-Center  
Director: Tricia Cooke

**Monday – Friday**

**8:00 – 4:30**

**Thursday**

**8:00 – 9:30**

**Saturday – Sunday**

**Closed**



[www.facebook.com/MurraySeniorRec/](https://www.facebook.com/MurraySeniorRec/)  
[www.facebook.com/MurrayCityUtah/](https://www.facebook.com/MurrayCityUtah/)

### Murray City Administration

Mayor Blair Camp  
 Parks and Recreation Director: Kim Sorensen  
 City Council:  
 Dave Nicponski, District 1  
 Dale Cox, District 2  
 Jim Brass, District 3  
 Diane Turner, District 4  
 Brett Hales, District 5

### Murray Senior Recreation Center Staff

Director	Tricia Cooke
Programming	Maureen Gallagher
	Wayne Oberg
Secretary	April Guss
Receptionist	Miranda Carter
Ceramics	Cindy Mangone
Meals Supervisor	Allie Rivera
Meals Assistant	Chris Miller
Dishwasher	Annie Gardner
Custodian	Don Smith
Building Attendant	Pete Wright

### Advisory Board

**Chair:** Ed Houston  
 Christine Clark Richard Clark  
 Brenda Clausen Max Derrick  
 Sandra Jones Jenny Martin  
 Erich Mille Pete Wright

## Heritage Senior Adults, Inc.

**DONATIONS** made to the Murray Senior Recreation Center go to the Heritage Senior Adults, Inc. which is a 501(c)3 and funds a scholarship program for our seniors.

The **SCHOLARSHIP** program provides up to \$70 per month for one year to an individual to help pay for lunch and activities at the Murray Senior Recreation Center. Applications are available at the Front Desk.

Pick up your 20% senior discount punch card (60+) at the Front Desk for use at any **CHUCK-A-RAMA** restaurant. The cost is \$1 and Chuck-A-Rama gives the Heritage Senior Adults, Inc. all the proceeds from sale of the cards.

Each time you swipe your rewards card at Smith's, we will earn money through **SMITH'S INSPIRING DONATIONS**, but only if you link your rewards card to Heritage Center (#80274).

Add a tile to the **WALL OF SUPPORT** in the Murray Senior Recreation Center courtyard. Messages can be 3 lines with up to 20 characters per line. The tiles are 4"x 8"x 2½" (\$125) or 8"x 8"x 2½" (\$250) and are engraved using state-of-the-art laser technology, which ensures strength and durability for a lifetime.

## Miscellaneous Information

Our monthly **NEWSLETTER** is emailed to those who have a current participant account and have provided us with their email address. It is also available at the Front Desk of the Murray Senior Recreation Center, online at [murray.utah.gov](http://murray.utah.gov), or mailed to your home for a \$20 yearly subscription fee. Donations are appreciated for the copies picked up at the Murray Senior Recreation Center and the suggested donation is \$1 per issue. *Newsletters are archived online.*

Ask at the Front Desk for a copy of our **CANCELLATION POLICY**. In general, for classes or services the policy is two working days, for trips or special events it is five working days, and for overnight trips it is six weeks to receive a full refund.

The Murray Senior Recreation Center accepts all major **CREDIT CARDS** for activity payments made over the phone or in person. All charges made will show from "Murray Parks" on your credit card or bank statement.

Inquire at the Front Desk if you need **SPECIAL ACCOMODATIONS** to participate in any of our activities. We will make every effort to assist hearing, vision, or physically-impaired participants if notified at least three working days in advance.

**ANIMALS** are not allowed on the premises of the Murray Senior Recreation Center except a service animal as defined by Utah Code. The service animal must be wearing its service vest or the individual may present the animal's identification card or another form of identification.

April Guss is a **NOTARY** and is available to sign documents that need to be notarized; this is a **free** service for Center participants.

Our **ADVISORY BOARD** meets monthly at 10:30 on the 4th Wednesday each month. The public is always welcome to attend and there is a time provided for their comments.

### Bus Trip Reminders

- Please park your car north of the light pole in our parking lot to free up space for the daily patrons of the Murray Senior Recreation Center.
- Please remember to bring your own water to enjoy on the trip.
- For Le Bus chartered bus trips, the trip escort will pass around a tip jar to collect tips for the driver. The standard tip is \$1 per person.

## Grief Support Class

On **Friday, May 3 at 10:30**, Jody Davis, a Chaplain from Rocky Mountain Hospice, will discuss ways to process grief in this **GRIEF SUPPORT CLASS**. Grief is not limited only to the death of a loved one; it may also be caused by a reaction to divorce, a decrease in physical ability, and other grief-producing events that are all too common as we age. This is a **free** class. [Register now.](#)

## History Class: D-Day

On **Tuesday, May 14 at 10:30**, Jim Duignan, who originally hails from Dublin, Ireland, and is a retired history teacher, will discuss **D-DAY**, which happened on Tuesday, June 6, 1944 along the Normandy coast. It was the largest seaborne invasion in history. Were the Germans prepared or not for the invasion force at Normandy? This is a **free** class. [Register now.](#)



## eBooks and eAudiobooks Class

On **Friday, May 17 at 10:30**, a representative from Murray City Library will teach you how to use **eBOOKS and eAUDIOBOOKS**. Bring your devices (tablet, smart phone, eReader, etc.) and all passwords for your accounts (Amazon, Apple, Adobe, etc.). Also, bring your Murray Library Card. If you don't have a Murray Library Card and would like one, please bring a photo ID printed with your current address or a piece of mail with your name and current address. This is a **free** class. [Register now.](#)

## Cooking Class

Allie Rivera will be teaching a **COOKING CLASS** at **10:00** on the following date:

- **Monday, May 20** Smoky Chicken Flatbread

The cost for each class is **\$5** and includes the recipe and sample. [Register now.](#) *Class is limited to ten people.*

## Navigating the Medicare Maze

On **Tuesday, May 21 at 10:30**, Bill Barron from Salt Lake County Aging and Adult Services will help us in **NAVIGATING THE MEDICARE MAZE**. Bill will give tips that will arm us with knowledge on how to safely and easily navigate Medicare. This is a **free** class. [Register now.](#)

## AARP Smart Driving Class

AARP teaches a **SMART DRIVING** class on the fourth Tuesday each month. The next class will be on **Tuesday, May 28** from **9:30-2:30**. [Register now.](#)

The cost is **\$15** for AARP members and **\$20** for everyone else. The instructor will collect the fee. Make checks out to AARP and pay the day of class. They do not take credit cards. Bring your AARP membership card and valid driver's license. Check with your auto insurance company about a possible insurance discount for attending.

## Vital Aging

Melissa Foulger from Valley Mental Health's **VITAL AGING** project will be available at 10:00 prior to the 10:30 class if anyone would like to visit with her regarding any personal problems or issues you may be having in your life.

On **Tuesday, May 28 at 10:30**, the wellness topic will be **CELEBRATING YOUR LIFE STORY**. All of us have a story to tell and experiences to share. We will reminisce about days gone by, favorite past-times, and how to keep your memories alive for future generations to cherish. This is a **free** class. [Register now.](#)

## Advance Directives

On **Thursday, May 30 at 10:30**, Kyle Barrick will teach us about **ADVANCE DIRECTIVES**. The Utah Advance Directive in a multi-purpose form which combines the "Living Will" with a "Health Care Power of Attorney." It is a tool to appoint a health care agent to make decisions if the person is unable to speak for themselves. Kyle will discuss how to complete the form; however, the form may only be completed by the individual. This is a **free** class. [Register now.](#)

## Painting Classes

John Fackrell's six-week **WATERCOLOR** class will continue through **Monday, May 13** at **9:00-12:00**. Cost is **\$33**. A class will be held on **Thursday, May 9** at **12:30-3:30**.

John and Joan Fackrell's six-week **ART APPRECIATION** class will continue through **Monday, May 13** at **1:00-3:30**. Cost is **\$33**. A class will be held on **Thursday, May 2** at **12:30-3:30**.

Once the current session of John and Joan Fackrell's classes ends, they will be on hiatus until September.

Jeanette Morris' **PAINTING** class will continue through **Wednesday, June 12** at **9:00-12:00**. The cost is **\$40**. Jeanette is an experienced teacher and paints in both watercolor and oils; she has some experience with pastels and acrylics.

## Crafts

Cindy Mangone's **CERAMICS** class is held at **8:30-12:00** every **Tuesday** and **Thursday**. Cindy can provide help for participants of all experience levels. The cost to participate is **\$1.50** each class plus cost of supplies. Supplies and equipment are available to produce knickknacks, works of art, and functional pieces such as plates and bowls.

A small group of **CRAFTERS** meets on **Tuesday** at **12:45-4:00** to share their skills, knowledge, and socialize. Newcomers are always welcome. Bring your ideas and projects to share.

The **CRAFTING WITH SUSAN** class is on hiatus until June.

## Readers Theater

The **READERS THEATER** troupe meets every **Thursday** from **3:00-4:00**. If you would like to participate, please come and join in the fun! The troupe will occasionally perform their new plays at **12:30** between lunch and bingo on Fridays.

## Computer Classes

Bob Beaudoin has one-hour **INDIVIDUAL HELP** appointments on **Tuesday** at **1:00, 2:00, and 3:00**. Bob can assist with computers or mobile devices (except Apple products). Cost is **\$3**. Registration and payment needed in advance.

Ashton Snelgrove and others from SoFi (Social Finance, Inc.) have one-hour **INDIVIDUAL HELP** appointments on **Thursday** at **2:00, 3:00, and 4:00** and **Friday** at **9:00 and 10:00**. They can assist with computers or mobile devices (including Apple products). Cost is **\$3**. Registration and payment needed in advance.

Glen Sisam's six-week **GENEALOGY** class will continue through **Wednesday, May 1** at **12:30-3:00**. A new session will begin **Wednesday, May 8** through **Wednesday, June 12**. This is a **FREE** class. Space is limited to six participants.

## Computer Lab

The **COMPUTER LAB** has six computers running Windows 10. Computers are available anytime a group class is not being held. There is no charge to use the computers. We ask that users sign in and list the computer they are using. Any printing costs **5¢** per page (pay at the Front Desk or the cash box located in the Computer Lab).

## Pen Pal Year End Party

Those involved with the **PEN PAL** program are invited to the 2018-19 **YEAR END PARTY** with your Liberty Student Pen Pals on **Monday, May 20** at **10:30**. Come join us as we say goodbye to our Pen Pals, play some bingo, and enjoy banana splits.

If you would like to donate bingo prizes, please give them to Wayne Oberg. We are looking for prizes for pre-teens to enjoy over the summer.

## Dance Lesson Workshop

Starting on **Monday, June 3** through **Monday, July 1** from **1:00-2:00**, Kyle and Jackie Kidd will be teaching Latin and Social Club dances: Cha-Cha, West Coast Swing, and Slow Dance. This five-week **DANCE LESSON WORKSHOP** is for beginning level dancers and no prior experience is required. This is a **free** class. Register now.



## Birthday Wednesday

Celebrate your **BIRTHDAY** on the **FIRST WEDNESDAY** of the month and you could win a free lunch. The lunch is on us if you're turning 60, 70, 80, 90, or 100 this month—just tell the lunch cashier you've hit a decade! There is free cake and ice cream for everyone to enjoy, too.

*A special thank you to Memorial Mortuaries and Cemeteries for donating the cake!*

## Brunch Café

We will be offering our **BRUNCH CAFÉ** on **Monday, May 13** from **11:00-12:30**. You may choose a complete meal or pick a la carte from the menu. One beverage (milk, juice, or coffee) is complimentary with your order.

## Murray Senior Rec Center's Golf League

**GOLF LEAGUE** tournaments are for players 55+ who have attained a basic level of golf skill which will allow them to compete in 18 holes of play. The initial golf league fee is **\$7**. Registration (reg) begins the Friday before the tournament prior and payment deadline (dl) is the Monday prior to the scheduled tournament.

May 6	9:00	Eaglewood	Scramble	\$41	reg 4/19 dl 4/29
May 20	8:00	The Ridge		\$45	reg 5/03 dl 5/13
June 3	8:00	Murray Parkway		\$41	reg 5/17 dl 5/24

## Father's Day Celebration

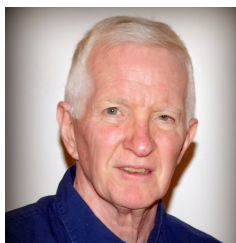
Our **FATHER'S DAY CELEBRATION** will be held on **Wednesday, June 12** from **11:00-1:00** in honor of all fathers. The cost is **\$1** per person. Registration begins Wednesday, May 15.

**Deadline: No reservations or refunds may be made after close of business on Wednesday, June 5.**

We will have booths with blood pressure checks, Stop the Bleed, and other health services sponsored by Murray City Fire. Murray City Police will offer information on community policing programs and have a K-9 demonstration. The BBQ lunch will include a hot dog, chips, baked beans, and cookie.



## Volunteer of the Month



The Center would like to take this opportunity to introduce you to **BOB BEAUDOIN**, our May Volunteer of the Month.

Bob has had a full and fun life! He was born in East Moline, Illinois in 1944.

He has two sisters—one older and one younger. His dad was an American Baptist minister. His family had an opportunity to move to Salt Lake City in 1958. It was a big change for Bob's family, but he embraced the move. He finished his high school years at West High, whose boundaries spanned from the Capitol to the airport. He was on the sound crew for plays with one of the best known being *The Wizard of Oz*. He still has many relationships with his classmates from West High. Some of those friends invited him to the Center many years ago, and that was when the volunteer seed was planted.

Bob served 21 years in the Utah National Guard 140th Field Artillery as a clerk. He married in 1977 and he and his wife have one son. He also worked for the University of Utah for 41 years. He had a myriad of jobs at the University that included working on different radio and TV shows. He retired from the University in 2006.

Bob enjoys spending time at the Center. He especially enjoys the special events, Summer Concerts, brunches, and trips. He has been helping participants in the Computer Lab weekly since June 2014. We thank Bob for his many volunteer hours and also appreciate his friendship.

We will honor Bob on **Wednesday, May 8** at **12:00**. Please come and join in this celebration during the lunch hour.

## Master Plan Survey

Murray City is updating its **MASTER PLAN** to identify ways to improve and invest in the City's parks and recreation facilities (including your favorite Senior Recreation Center) over the next ten years. Please complete an online questionnaire. Visit [bit.ly/murraycityparksplan](http://bit.ly/murraycityparksplan) and tell us what you think!



# Monthly Calendar

## 2019

### Murray Senior Recreation Center

#10 East 6150 South  
Murray, UT 84107

**801-264-2635**

seniorrec@murray.utah.gov  
murray.utah.gov/140/Murray-Senior  
-Recreation-Center  
Director: Tricia Cooke

**Monday – Friday**

**8:00 – 4:30**

**Thursday**

**8:00 – 9:30**

**Saturday – Sunday**

**Closed**

MONDAY	TUESDAY
9:00 <b>Golf:</b> Eaglewood 9:00 NIA / Watercolor 10:15 Pickleball 10:30 Chakra Meditation 11:00 Bridge Lessons 12:30 Strength and Balance Class 1:00 Movie: <b>The Man with the Golden Gun</b> 1:00 Art Appreciation 2:00 Strength Conditioning	6           8:30 Ceramics 9:00 Gentle Yoga 9:30 <b>NO</b> Line Dance 10:00 <b>Shredding Day</b> 10:30 Tai Chi 11:30 <b>MOTHER'S DAY TEA</b> 12:30 Canasta 12:45 Crafters 1:00 Computer Help 2:00 <b>NO</b> Beginning Line Dance
9:00 NIA 9:00 Watercolor 10:15 Pickleball 10:30 Chakra Meditation 11:00 Bridge Lessons 11:00 <b>BRUNCH CAFÉ</b> 12:30 Strength and Balance Class 1:00 Movie: <b>The Longest Ride</b> 1:00 Art Appreciation 2:00 Strength Conditioning	13           8:30 Ceramics 9:00 Gentle Yoga 9:30 Line Dance 10:30 Tai Chi / <b>History Class</b> 11:30 Lunch 12:30 Canasta 12:45 Crafters 1:00 Computer Help 1:30 <b>Attorney Consultation</b> 2:00 Beginning Line Dance
8:00 <b>GOLF:</b> The Ridge 9:00 NIA 10:00 <b>Cooking Class</b> 10:30 <b>Pen Pal Year End Party</b> 10:15 Pickleball 10:30 Chakra Meditation 11:00 Bridge Lessons 12:30 Balance / Personal Training 1:00 Movie: <b>The Longest Day</b> 2:00 Strength Conditioning	20           8:30 Ceramics 9:00 Gentle Yoga 9:30 Line Dance 10:30 Tai Chi / <b>Navigating Medicare</b> 11:30 Lunch 12:00 <b>Medicare Counseling</b> 12:30 Canasta 12:45 Crafters 1:00 Computer Help 2:00 Beginning Line Dance
 <p><b>CENTER IS CLOSED</b></p>	27           8:30 Ceramics 9:00 Gentle Yoga 9:30 Line Dance 9:30 <b>Smart Driving</b> 10:30 Tai Chi / <b>Vital Aging</b> 11:30 Lunch 12:30 Canasta 12:45 Crafters 1:00 Computer Help 2:00 Beginning Line Dance
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WEDNESDAY	THURSDAY	FRIDAY
9:00 Painting / Haircuts 9:15 Pinochle 10:00 Yoga 10:00 Transportation 10:30 <b>Blood Pressure</b> 11:15 Chair Aerobics 11:30 <b>Birthday Wednesday Lunch</b> 12:30 Genealogy 12:45 Bingo 1:00 Bridge	8:00 Pickleball Instruction 8:30 Ceramics 9:00 Pickleball 10:30 Tai Chi 11:30 Lunch 12:00 Massage 12:30 Art Appreciation 2:00 Computer Help 2:00 Strength Conditioning 3:00 Readers Theater 7:00 Evening Social Dance	9:00 Zumba 9:00 Computer Help 10:00 Yoga 10:30 <b>Grief Support Class</b> 11:15 Chair Aerobics 11:30 Lunch 12:30 Strength and Balance Class 12:45 Bingo 1:00 Bridge
9:00 Painting 9:00 Haircuts 9:15 Pinochle 10:00 Yoga 10:00 Transportation 11:15 Chair Aerobics 11:30 Lunch 12:00 <b>Volunteer of the Month</b> 12:30 Genealogy 12:45 Bingo 1:00 Bridge	8:00 Pickleball Instruction 8:30 Ceramics 9:00 Pickleball 10:30 Tai Chi / 11:30 Lunch 12:00 Massage 12:30 Watercolor Class 12:30 <b>Utah State Hospital Museum</b> 2:00 Computer Help 2:00 Strength Conditioning 3:00 Readers Theater 7:00 Evening Social Dance	9:00 Zumba 9:00 Computer Help 10:00 Yoga 11:15 Chair Aerobics 11:30 Lunch 12:30 Strength and Balance Class 12:45 Bingo 1:00 Bridge
9:00 Painting 9:00 Haircuts 9:15 Pinochle 10:00 Yoga 10:00 Transportation 11:15 Chair Aerobics 11:30 Lunch 12:30 Genealogy 12:45 Bingo 1:00 Bridge	8:00 Pickleball Instruction 8:30 Ceramics 9:00 Pickleball 9:30 <b>Wildlife Education Center</b> 10:30 Tai Chi 11:30 Lunch 12:00 Massage 2:00 Computer Help 2:00 Strength Conditioning 3:00 Readers Theater 7:00 Evening Social Dance	9:00 Zumba 9:00 Computer Help 10:00 Yoga 10:30 <b>eBooks and eAudiobooks</b> 11:15 Chair Aerobics 11:30 Lunch 12:30 Strength and Balance Class 12:45 Bingo 1:00 Bridge
9:00 Painting 9:00 Haircuts 9:15 Pinochle 10:00 Yoga 10:00 Transportation 11:15 Chair Aerobics 11:30 Lunch 12:30 Genealogy 12:45 Bingo 1:00 Bridge	8:00 Pickleball Instruction 8:30 Ceramics 9:00 Pickleball / <b>Golden Spike</b> 10:30 Tai Chi 11:30 Lunch 12:00 Massage 2:00 Computer Help 2:00 Strength Conditioning 3:00 Readers Theater 7:00 Evening Social Dance	9:00 Zumba 9:00 Computer Help 10:00 Yoga 11:15 Chair Aerobics 11:30 Lunch 12:30 Strength and Balance Class 12:30 Personal Training 12:45 Bingo 1:00 Bridge
9:00 Painting / Haircuts 9:00 <b>Tooele Breakfast</b> 9:00 <b>Blood Testing</b> 9:15 Pinochle 10:00 Yoga 10:00 <b>NO</b> Transportation 11:15 Chair Aerobics 11:30 Lunch / 12:30 Genealogy 12:45 Bingo 1:00 Bridge	8:00 Pickleball Instruction 8:30 Ceramics 9:00 Pickleball 10:30 Tai Chi / <b>Advance Directives</b> 11:30 Lunch 12:00 Massage 2:00 Computer Help 2:00 Strength Conditioning 3:00 Readers Theater 7:00 Evening Social Dance	9:00 Zumba 9:00 Computer Help 10:00 Yoga 11:15 Chair Aerobics 11:30 Lunch 12:30 Strength and Balance Class 12:30 Personal Training 12:45 Bingo 1:00 Bridge

## Cards

Informal **BRIDGE LESSONS** (Chicago/Party) are held on **Monday at 11:00**.

**BRIDGE** play is on **Wednesday and Friday at 1:00-4:00**. Some players arrive early to practice and start finding first round partners. If an even number of players are not available when the play begins, then the last person to arrive will be rotated in or three-handed bridge will be played.

**CANASTA** is played on **Tuesday at 12:30-3:30**. Beginners are welcome, all games are free, and anyone can join in on the fun.

**PINOCHLE** tournaments are held on **Wednesday at 9:15**. Players must check in no later than 9:00. No advance sign-up is required. The cost is **\$2** and is paid at check-in.

## Line Dance

Enjoy some great exercise, stimulate your brain, and meet with friends. **LINE DANCE** is held on **Tuesday at 9:30** for all dancers and **Tuesday at 2:00** for beginners. The cost is **\$2** and is paid the day of class and placed in the box on the stage.

## Bingo

**BINGO** is played every **Wednesday and Friday at 12:45**. Bingo is free, although donations are appreciated. Winners receive a \$5 gift certificate to Macey's or Village Inn Restaurant.

**NOTE:** *The bingo cards will be available at 12:30 each Wednesday and Friday. Tables will be called randomly to pickup cards before the start of bingo.*

The bingo program is operated by donations. Please help the program maintain quality prizes by donating. The suggested donation amount is **\$1** for 1-3 cards played or **\$2** for 4-6 cards played.

A special **THANK YOU** to **Village Inn** for donating a pie each week for the elimination game and to **Jenkins-Soffe** for sponsoring bingo on the first Friday of each month.

There will be **NO Bingo** on **Wednesday, June 12** due to the Father's Day Celebration.

## Monday Movie

Join us on **Mondays at 1:00** for a **free MOVIE** and popcorn!



### THE MAN WITH THE GOLDEN GUN

Monday, May 6  
1974 / 125 minutes  
British Spy



### THE LONGEST RIDE

Monday, May 13  
2015 / 128 minutes  
Romantic Drama



### THE LONGEST DAY

Monday, May 20  
1962 / 178 minutes  
Epic War Film

## Evening Social Dance

**DANCE** to the musical genius of Tony Summerhays each **Thursday night at 7:00-9:30 pm**. Cost for this activity is **\$5** per person. Light refreshments are served during the break and door prizes are given each week. Advanced registration is not required. Pay at the door.

Each dance is supported by a sponsoring agency that provides the refreshments and a door prize. Last month our sponsors were Village Inn Murray, Village Inn West Jordan, Tony Summerhays, and Kneaders Bakery and Café.

## Walking Club: Destination San Francisco

Get fit and have fun with the **CENTER WALKING CLUB**. The benefits of walking include improving cardio fitness, lowering blood pressure, and slowing the aging process.

There is a group that will be walking on Monday mornings. See the Center for a schedule. This summer we will be "walking to San Francisco (743 miles)."

Cost of the program is **\$12** and all participants will receive a t-shirt, a pedometer, and monthly calendars to track their progress. [Register now](#) and start walking for fitness.



## Haircuts

Jocelyn Anderson provides **HAIRCUTS** on **Wednesdays** from **9:00 to 11:30**. Haircuts cost **\$9**. Hair washing is an additional **\$4**, and is paid the day of your cut at the Front Desk. Appointments are every 15 minutes. Payment is required at time of scheduling. Cancellations need to be made two working days in advance for a refund.

## Massage

Joanne Payne provides **MASSAGE** on **Thursdays** from **12:00 to 4:00**. Cost is **\$40** for an hour (12:00, 1:00, or 2:00). Cost is **\$20** for a half-hour (3:00 or 3:30). Payment is required at time of scheduling. Cancellations need to be made two working days in advance for a refund. *If you schedule a 30-minute appointment, wear loose clothing for your massage.*

## Blood Pressure

Community Nursing Services will be providing **free BLOOD PRESSURE** screenings on **Wednesday, May 1** from **10:30 to 12:00**.

## Legal Consultation

An attorney is available for a 20-minute **LEGAL CONSULTATION** at no charge on the second Tuesday each month. Kyle Barrick will be here on **Tuesday, May 14** from **1:30 to 3:30**. Advance appointments are required.

Senior Center Legal Clinics are a pro-bono program sponsored by the Utah State Bar Committee of Law and Aging. Volunteer lawyers will consult with you, advise you, or refer you to other sources for help, but they will not solicit your business. This is a **free** service.

## Medicare Counseling

Need help with **MEDICARE** or supplement issues? Sign up now for individualized help on **Tuesday, May 21** from **12:00 to 2:00**. Advance appointments are required. Bring documents related to your questions and a volunteer from Salt Lake County Aging and Adult Services Senior Health Insurance Program (SHIP) will help you. The volunteer comes the third Tuesday each month. This is a **free** service.

## Shredding Day

**SHREDDING DAY** is back! Salt Lake County Aging Services will offer **free** document shredding at the Center on **Tuesday, May 7** from **10:00 to 1:00** in our North parking lot. Special thanks to Salt Lake County Aging Services and Shred Masters for providing this service.

## Weekly Transportation

**WEEKLY TRANSPORTATION** to and from the Murray Senior Recreation Center is available for Murray residents on **Wednesdays**. This is a **free** service. Pick-up is between **10:00-10:45** and the return home is around **2:30** after bingo. If you need a ride, call at least one day in advance to sign up.

## Blood Testing

Our semi-annual **BLOOD TESTING** is scheduled for **Wednesday, May 29** from **9:00 to 11:00**. This service is sponsored by IHC Laboratories. The cost is \$15 for a Lipid Profile, \$7 for Hemoglobin A1C, or \$22 for both. Payment is made to IHC the day of the test. Results are mailed to your home in approximately 2 weeks. Scheduling begins Wednesday, May 15; advance appointments are required. Fasting is required for the Lipid Profile test.

## Ear Wax Removal and Hearing Test

On **Monday, June 10** from **9:30 to 11:00**, Mr. Leibovich will be at the Center providing **EAR WAX REMOVAL** and hearing testing services. This is a **free** service. Advance appointments are required.

## Toenail Clipping

Dr. Scott Shelton provides **TOENAIL CLIPPING** every other month. The next scheduled toenail clipping will be on **Thursday, June 27** from **9:30 to 12:00**. The cost is **\$11**. Payment is required at time of scheduling; registration begins Thursday, May 23.

The doctor is unable to provide toenail clipping services for people who are diabetic or on anti-clotting agents such as Coumadin.

## Exercise Classes

### GENTLE YOGA

Tuesday 9:00-10:00

This class is gentle in its approach and not as strenuous as other practiced forms of yoga.

### NIA

Monday 9:00-10:00

Neuromuscular Integrative Action (NIA) is an expressive fitness and awareness movement program designed to enhance balance and help you move in harmony.

### STRENGTH CONDITIONING

Monday and Thursday 2:00-3:00

Build muscular strength and endurance, increase your balance, and improve flexibility.

### TAI CHI

Tuesday and Thursday 10:30-11:30

Focusing the mind solely on the movements of form helps to bring about a state of mental calm and clarity.

### YOGA

Wednesday and Friday 10:00-11:00

An ancient system of movements and breathing techniques designed to help you relax and rejuvenate your mind and spirit.

### ZUMBA

Friday 9:00-10:00

Involves dance and aerobic movements performed to energetic music.

### CHAIR AEROBICS (25¢)

Wednesday and Friday 11:15-11:45

Great for beginners, those with standing or balance problems, those who are easily fatigued, or those in a wheelchair.

## Pool Hall

Pool tables are available for your recreational enjoyment during our hours of operation. The equipment is located in the **POOL HALL** at the east end of the building.

### Exercise Class Fees

- \$3 for each class
- \$30 punch pass with 10 punches (no expiration)
- \$10 or \$20 monthly fee
- Class fees are not included in Silver Sneaker or Silver & Fit Medicare Supplement Insurance benefit

## Exercise Room

The **EXERCISE ROOM** is open for daily use and contains a treadmill, recumbent bike, hand and leg weights, weight machine, and a strength band wall. The cost is **\$1** per day, **\$5** for the month, or **free** if you have Silver Sneakers or Silver & Fit. Ask at the Front Desk for details.

## University of Utah Students

The University of Utah Exercise and Sports students will be here every **Monday** and **Friday** at **12:30-2:00**. *The new students will begin after Monday, May 20.*

The students teach a **STRENGTH AND BALANCE CLASS** at 12:30 that can help you improve your fitness levels and increase your endurance, balance, and stretching abilities.

They also offer 30-minute, one-on-one **PERSONAL TRAINING**. Sign up for this service in the exercise room.

The cost is **\$1** per day, **\$5** for the month, or **free** if you have Silver Sneakers or Silver & Fit. Ask at the Front Desk for details.

## Chakra Meditation

Barbara Battison will present in-depth information about how **CHAKRAS** and **MEDITATION** work. Learn about different ways to take responsibility for your own health. A portion of this class will be spent on meditation and how to activate and keep your chakras balanced.

A new eight-week session will continue through **Monday, May 20** at **10:30-12:00**. The cost is **\$20** for the session or **\$3** per class. Register now.

## Pickleball

Pickleball is the most exciting sport sweeping the country. Part tennis, part badminton, and a whole lot of fun. This racquet sport is played on a 20' x 40' court that limits the amount of mobility required to play the game.

Play **PICKLEBALL** every **Monday** at **10:15-12:00** or **Thursday** at **9:00-11:00** in the dining room or the outdoor courts (weather permitting). If you are new to the sport, **INSTRUCTIONAL PLAY** is every **Thursday** at **8:00-9:00**.

## Utah State Hospital Museum

The history of the treatment of mental illness paints a barbaric portrait, one people need to see to understand how far we've come. Patients would be locked inside the Utica crib for days, even months, at a time on the theory that induced or forced sleep or rest would cure the insane. The **UTAH STATE HOSPITAL MUSEUM** tells the hospital's 120-year history through photos and artifacts displayed in two rooms at the historic Old Superintendent's Home. The museum's exhibit provides a window into the history of mental health treatment. Visitors can see straitjackets and other restraint devices used during the last 100 years to control or restrain patients.

Our bus departs at **12:30** on **Thursday, May 9**. Cost for this trip is **\$8**. Registration begins Tuesday, April 30.

## Eccles Wildlife Education Center

The new George S. and Dolores Dore' **ECCLES WILDLIFE EDUCATION CENTER** at Farmington Bay provides a gateway to the stunning Great Salt Lake wetlands. Visitors can learn about the many species that depend on the wetlands for survival and see firsthand how active wildlife management plays a key role in maintaining this remarkable habitat. Visitors can also explore the one-mile nature trail and enjoy a close-up view of wetland wildlife.

Our bus departs at **9:30** on **Thursday, May 16**. Cost for the trip is **\$10** and includes a sack lunch. Registration begins Wednesday, May 1.

## Golden Spike National Historic Site

On May 10, 1869, the Union and Central Pacific Railroads joined their rails at Promontory Summit, Utah Territory, and forged the destiny of a nation. **GOLDEN SPIKE NATIONAL HISTORIC SITE** shares the stories of the people and settings that defined the completion of the first Transcontinental Railroad. This year is the 150th anniversary of the completion of the two railroads.

Our bus departs at **9:00** on **Thursday, May 23**. Cost of the trip is **\$15** and includes a sack lunch. Registration begins Wednesday, May 8.

## Tooele Breakfast and Pioneer Museum

Our Center bus will be headed to the **TOOELE SENIOR CENTER** for the "Second Best Breakfast in Utah." The bus will depart the Center at **9:00** on **Wednesday, May 29**. After breakfast, we will travel next door to the **TOOELE PIONEER MUSEUM**, which was established to collect and display pioneer memorabilia and to preserve and illustrate Tooele County's progression in education, arts, science, manufacturing and agriculture. Cost is **\$8** for transportation and breakfast. Registration begins Tuesday, May 14.

## Tuacahn

A chartered bus will depart from the Center at **10:00** on **Monday, June 3** and we will stay 3 nights at the CasaBlanca Hotel in Mesquite, Nevada. We will return on **Thursday, June 6**. We will attend two **TUACAHN AMPHITHEATER** musical plays (*Disney's When You Wish* and *The Little Mermaid*). Trip payment in full is required by Wednesday, May 1 at 4:00. Cancellations must be made prior to Wednesday, May 1 for a full refund. After May 1, refunds will be on a case-by-case basis.

## Wendover




Travel to **WENDOVER** on **Thursday, June 13** and enjoy a day at the Rainbow Casino. A chartered bus has been scheduled for the trip and the cost is **\$20** per person which includes transportation, bonus package from the casino, buffet lunch, and free bingo on the bus. The bus will depart the Center at **8:30** and return at approximately **7:00**. Register now.

## Shakespeare Festival

We have scheduled to attend the **SHAKESPEARE FESTIVAL** again this year. We will travel to Cedar City on **Monday, August 26** and return on **Wednesday, August 28**. We will be seeing *Every Brilliant Thing*, *Hamlet*, and *Macbeth*.

Please watch our future newsletters for more detailed information about this trip and the registration date.

# MAY LUNCH MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 <b>LEMON PEPPER TILAPIA</b> Herb Rice Roll and Veggie Birthday Cake and Ice Cream 	2 <b>SPAGHETTI WITH MEATBALLS</b> Side Salad Garlic Bread Brownie	3 <b>BAKED CHICKEN</b> Roasted Potatoes Veggie Butterscotch or Chocolate Pudding
6 <b>NO LUNCH</b>	7 <b>MOTHER'S DAY TEA</b> \$8 per person Advance purchase Required Deadline: Tuesday, April 30	8 <b>MEATLOAF</b> Party Potatoes Green Beans Roll Strawberry Shortcake	9 <b>CHICKEN SALAD CROISSANT</b> Fresh Fruit Chips Lemon Bar	10 <b>SALMON BURGER WITH AVOCADO</b> Pasta Salad Tater Tots Watermelon
Lunch is served Tuesday-Friday between <b>11:30-12:30</b> Make your lunch selection and then pay the lunch cashier Daily Main Entrée cost is <b>\$4</b> Sandwiches, soup, or salads available as alternatives — Prices range from <b>\$2-\$4</b> <b>Tickets for Special Events need to be purchased in advance</b>				
13  11:00 - 12:30	14 <b>SLOPPY JOE</b> Baked Beans Side Salad Carrot Cake	15 <b>BRATWURST</b> Sauerkraut Veggie Oatmeal Raisin Cookie	16 <b>BAKED HAM</b> Broccoli Salad Party Potatoes Mousse Cup	17 <b>FISH TACOS</b> Carrot Slaw Fruit Pie
20 <b>NO LUNCH</b>	21 <b>HOMEMADE PIZZA</b> Side Salad Garlic Bread Sherbet	22 <b>POT ROAST</b> Mashed Potatoes and Gravy Roasted Red Peppers Yogurt Parfait	23 <b>FISH AND CHIPS</b> Coleslaw Cinnamon Rolls	24 <b>CHEF SALAD</b> Fruit Cup Roll Cherry Cobbler
27  <b>CLOSED</b>	28 <b>SHRIMP ALFREDO</b> Roll Cucumber Tomato Salad Chocolate Chip Cookie	29 <b>CHICKEN TENDERS</b> Potato Salad Roll No-Bake Cheesecake	30 <b>TACO SALAD</b> Refried Beans Tres Leches Cake	31 <b>COUNTRY FRIED STEAK</b> Mashed Potatoes and Gravy Corn and Roll Banana Cream Parfait